



Tangy Turkey Burgers

 Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic salt with parsley
- ☐ 2 spring onion chopped
- ☐ 1.5 pounds pd of ground turkey
- ☐ 6 hawaiian rolls french toasted
- ☐ 1 leaves lettuce mixed sliced
- ☐ 1 teaspoon pepper
- ☐ 2 tablespoons wine

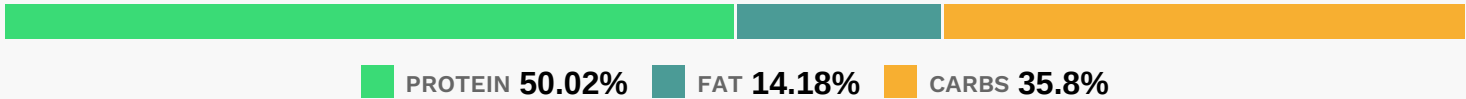
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Gently combine first 5 ingredients. Shape mixture into 6 (4-inch) patties.
- ☐ Heat a cast-iron grill pan over medium-high heat. Cook patties in pan 6 to 8 minutes on each side or until done.
- ☐ Serve burgers on buns with desired toppings.
- ☐ Note: We tested with Publix French Hamburger Buns, McCormick California Style Garlic Salt with Parsley, and Lea & Perrins Marinade for Chicken.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:13.01, Inflammation Score:-4, Nutrition Score:16.071739315987%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 253.38kcal (12.67%), Fat: 3.91g (6.02%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 21.24g (7.72%), Sugar: 3.3g (3.67%), Cholesterol: 62.37mg (20.79%), Sodium: 658.92mg (28.65%), Alcohol: 0.51g (100%), Alcohol %: 0.39% (100%), Protein: 31.05g (62.1%), Vitamin B3: 12.84mg (64.19%), Selenium: 36.8µg (52.58%), Vitamin B6: 1.01mg (50.27%), Phosphorus: 304.02mg (30.4%), Vitamin B1: 0.31mg (20.48%), Zinc: 2.34mg (15.59%), Manganese: 0.3mg (15.1%), Vitamin B2: 0.25mg (14.8%), Iron: 2.46mg (13.68%), Folate: 52.55µg (13.14%), Potassium: 407.96mg (11.66%), Magnesium: 44.75mg (11.19%), Vitamin B12: 0.66µg (11.07%), Vitamin K: 11.23µg (10.7%), Vitamin B5: 1.01mg (10.09%), Calcium: 70.61mg (7.06%), Copper: 0.12mg (6.06%), Fiber: 0.98g (3.91%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.35mg (1.63%), Vitamin A: 77.18IU (1.54%), Vitamin E: 0.22mg (1.49%)